



DEPARTMENT OF THE ARMY
CALIFORNIA ARMY NATIONAL GUARD
HEADQUARTERS, CAMP ROBERTS
CAMP ROBERTS, CALIFORNIA 93451-5000

CACR-CDR

20 January 2006

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Jogging and Biking Safety

1. **Purpose:** To provide information and guidelines to prevent or minimize injuries while running, fitness walking, or biking on Camp Roberts.
2. **Routes.** Jogging, fitness walking, and biking are permitted throughout the cantonment area. Jogging, fitness walking, and biking are also permitted in the training areas upon requesting and receiving daily permission from Range Branch (extension 68269). Joggers and fitness walkers using a street or road will face oncoming traffic when not on one of Camp Roberts' designated routes.
3. **Reflective Vests or Belts.** Joggers, fitness walkers, and bicyclists will wear reflective vests or belts (available at the Post Exchange) during periods of darkness or reduced visibility. Exception: If in a running formation, there will be a minimum of two road guards with full reflective vests or belts in the front and rear. If in a large formation (battalion or brigade/group) a minimum of three road guards with reflective vests or belts will be in the front and rear. During the hours of darkness, a flashlight is included as part of the required uniform for each road guard.
4. **Helmets.** Helmets are required while biking.
5. **Headphones.** Serious injuries can often be avoided given a moment's notice of an oncoming vehicle. The use of headphones is not authorized when jogging, fitness walking, and biking on a street or road surface.
6. My telephone number is 805-238-8201.

JOHN F. SMITH
COL, FA
Commanding

DISTRIBUTION:

C (Garrison Staff, Tenant Organizations, and Units using Camp Roberts)